

How to Prepare Tempting Dishes



THE MARMITE FOOD EXTRACT CO., LIMITED,
WALSINGHAM HOUSE,
SEETHING LANE, LONDON, E.C.3

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With the
Compliments of
MARMITE

THE MARMITE FOOD EXTRACT CO., LTD.,
WALSINGHAM HOUSE, SEETHING LANE, E.C.3

INTRODUCTION

THE selection of recipes contained in this booklet explains the many uses to which **MARMITE** can be put. **MARMITE** users will thus be able to introduce it in a hundred other ways after a little practice.

MARMITE is a food extract of piquant rich flavour and possesses nourishing and health properties that are unique. It makes for variety in meals, and, indeed should be taken regularly every day in some form or another.

MARMITE contains the vital health element, Vitamin B, which helps the body to absorb the nourishment contained in food, tones up the system and keeps the digestion just right.

All those who see the wisdom of taking a little **MARMITE** daily will find it most savoury and nourishing when spread in sandwiches, on hot buttered toast, or as **MARMITE** Cup, (made by just stirring a small teaspoonful of **MARMITE** into a breakfastcupful of boiling water) in place of Beef Tea. In such form **MARMITE** finds a ready use at Breakfast, at the office, at Tea Time, or at picnics.

The merits of **MARMITE**, the tempting flavour, its high concentrated nourishing value, its health building properties—are recognised by people in all walks of life.

The recipes have been written as briefly as possible. They have all been tested and are in consequence dependable, provided the directions given are carefully followed.

Of all Grocers and Stores :—

In Jars, 1 oz., 2 oz., 4 oz., 8 oz. and 16 oz.

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Soups

BROWN SOUP

INGREDIENTS.

1 onion, 1 carrot, 1 turnip. 2 ozs. butter.
2 potatoes. 1 large tablespoonful of flour.
1 quart hot water.

Then add that little appetising touch—1 teaspoonful of MARMITE.

METHOD.

Prepare the vegetables ; melt the butter in a saucepan ; then slice your vegetables thinly, stirring them into the melted butter until nicely browned ; add the flour and slightly brown that too. Dissolve the MARMITE in the hot water and pour over the vegetables, slowly simmering until quite tender. Pass through a sieve, and, if necessary, add seasoning to taste. This soup should be reboiled before serving. Your vegetarian friends will appreciate Brown Soup.

JULIENNE SOUP

INGREDIENTS.

1 carrot, small turnip, half an onion, 1 leek, 1 stick celery, 1 cabbage lettuce, $1\frac{1}{2}$ ozs. butter, 3 pints of hot water, and 1 small dessert-spoonful of MARMITE.

METHOD.

Prepare all the vegetables, cutting them very finely to about equal lengths and put them into a pan containing the butter over the fire, but do not brown them. Dissolve the MARMITE in the hot water and add it to the vegetables, cooking them until quite tender, removing the scum as it rises. Half a teaspoonful of sugar should be added and other seasoning to taste. Serve hot



CARROT SOUP

INGREDIENTS.

- | | |
|---------------------|----------------------------|
| 2 quarts hot water. | 2 ozs. rice. |
| 6 large carrots. | 1 gill milk. |
| 2 onions. | half a bay leaf. |
| 4 ozs. bacon. | 1 dessertspoonful MARMITE. |

METHOD.

Wash and scrape the vegetables and shred them very finely ; wash the rice and part boil it. Dissolve the MARMITE in hot water and pour over the vegetables and rice, adding the bacon previously fried a little and cut into small pieces, also the bay leaf. Boil until quite tender, pass through a sieve, add a small piece of butter, the milk, and seasoning to taste, then reboil before serving.

BARLEY SOUP

INGREDIENTS.

- | | |
|----------------------|---------------------------|
| 2 ozs. pearl barley. | 1 pint milk. |
| 2 small carrots. | $\frac{1}{2}$ gill cream. |
| 1 small onion. | 1 yolk of egg. |
| 1 oz. butter. | 1 teaspoonful MARMITE. |

METHOD.

Soak the barley in tepid water for a few minutes. Prepare the vegetables, slice thinly and fry slightly in the butter. Add 1 quart water or stock and then the MARMITE, stirring till dissolved. Season to taste. Bring slowly to the boil, skim, and then add the soaked barley. Simmer gently for half an hour. Strain into a clean saucepan and stir in the egg yolk and milk well mixed together. Reheat long enough to bind, but do not boil. Serve hot.

TOMATO SOUP

INGREDIENTS.

- | | |
|--|------------------------------|
| 1 oz. crushed tapioca. | 1 carrot. |
| 1 lb. fresh ripe (or tinned) tomatoes. | 1 onion. |
| $1\frac{1}{2}$ pints hot water. | 1 gill milk. |
| 1 oz. butter. | 1 large teaspoonful MARMITE. |

METHOD.

Prepare and thinly slice the vegetables and slightly fry in the melted butter. Dissolve the MARMITE in hot water and pour over the vegetables. Simmer very slowly until quite tender, then strain through a fine sieve. Add the milk and seasoning to taste, bring the whole to a boil, then sprinkle in the crushed tapioca, stirring until the soup is clear. Serve hot with small bread croustons.



CELERY SOUP

INGREDIENTS.

- | | |
|--------------------------|----------------------------------|
| 2 heads of celery. | 1 tablespoonful crushed tapioca. |
| 2 ozs. butter. | 1 quart water. |
| $\frac{1}{2}$ pint milk. | 1 small teaspoonful of MARMITE. |

METHOD.

Wash the celery, trim and cut into small sections, and cook it in the melted butter for a few minutes. Dissolve the MARMITE in the water, add the celery and boil for about an hour. Then add the tapioca and boil for another 30 minutes. Stir and add seasoning to taste, add milk and reheat before serving with fried bread croûtons. Half a gill of cream will greatly enrich this soup, but it is really quite delicious without it.

SCOTCH BROTH

INGREDIENTS.

- | | |
|---------------------------------|-----------------------------------|
| 1 lb. scrag end neck of mutton. | 2 ozs. pearl barley. |
| 2 onions, 2 carrots, 2 turnips. | 1 quart water. |
| $\frac{1}{2}$ small cabbage. | 1 tablespoonful parsley (chopped) |

Then, to give your soup that "more-ish" flavour, 1 large teaspoonful of MARMITE.

METHOD.

Cover the meat with 1 quart of water, add a pinch of salt and bring slowly to the boil. In the meantime prepare your vegetables, cutting them into small pieces, and wash the barley. When the water on the meat boils, add the vegetables and barley, stir in the MARMITE and simmer gently for 2 hours, adding the cabbage after it has been blanched and cut into pieces. When this is ready, skim off the fat, place the meat on a dish and arrange the vegetables round it. You will find that the soup will require little or no seasoning—MARMITE will season for you.

MACARONI SOUP

INGREDIENTS.

- | | |
|---------------------------------|----------------------------|
| 3 ozs. stick macaroni. | 3 or 4 ozs. grated cheese. |
| $1\frac{1}{2}$ pints hot water. | 1 teaspoonful of MARMITE. |

METHOD.

Blanch the macaroni in salted water, drain and let it cool, cut into small pieces and add to the MARMITE dissolved in the hot water, and cook slowly for half an hour. Add pepper and salt to taste, removing any scum which may rise. Serve this hot with the grated cheese and toast and you will find it a most delicious and satisfying luncheon or supper dish.



LENTIL PUREE

INGREDIENTS.

1 pint of lentils.
A bouquet of parsley.
1 onion.

A piece of celery.
Nut-meg.
1 teaspoonful of MARMITE.

METHOD.

Carefully pick over and wash the lentils and leave them to soak in tepid water overnight, adding a piece of soda about the size of a pea. When you are ready to make the soup, drain the peas and boil them in slightly salted water, adding the peeled onion, celery, and parsley. When the lentils and vegetables are quite tender, pass through a sieve. Now for the flavouring—add 1 teaspoonful of MARMITE, pepper and salt to taste and a grating of nutmeg. Before serving this purée, reheat, and if it is too thick, add a little milk.

FRENCH RICE SOUP

INGREDIENTS.

2 oz. rice.
2 oz. butter.
1 onion.
2 cloves.

1½ pints hot water.
½ pint milk.
Seasoning to taste.
1 dessertspoonful MARMITE.

METHOD.

Wash rice in several waters. Melt butter in stewpan and add rice. Stir over fire for a few minutes. Dissolve MARMITE in hot water and add to rice. Bring to boil, skim, and then add onion (peeled and stuck with cloves), also the milk. Simmer gently for about 35 minutes. Season to taste with salt, pepper, and grated nutmeg. Stir occasionally to prevent burning.

To serve soup thin : Simply remove onion and serve hot.

Thick Soup : Remove onion, thicken soup with a little cornflour, chop up the onion and return to soup. Serve hot.

VEGETABLE SOUP

INGREDIENTS.

1 small onion, turnip, carrot.
2 potatoes.
1½ pints water, 1 gill milk.

1 oz. butter.
1 tablespoonful flour.
1 large teaspoonful MARMITE.

METHOD.

Wash, peel and finely shred the vegetables and stir into the melted butter over the fire for ten minutes, but do not allow them to brown. Dissolve the MARMITE in the water and pour over the vegetables and simmer for about an hour. Remove the scum and add pepper and salt to taste, also a little nut-meg. Mix the flour into the milk. Stir this into the soup to thicken and reboil.



SAVOURY MEAT TIMBALE

INGREDIENTS.

1 lb. cold meat.	1 tablespoonful mixed herbs.
Mashed potatoes.	Brown breadcrumbs.
4 ozs. chopped suet.	Seasoning.
4 ozs. sausage meat.	MARMITE gravy.

METHOD.

Cut the meat into rather large shreds and just cover with MARMITE gravy, season with salt and pepper to taste. Take a well greased timbale mould and sprinkle rather thickly with brown breadcrumbs, then line the sides and bottom of the mould with a good layer of mashed potatoes. Mix together the meat, the chopped suet, sausage meat and herbs. Turn into the prepared mould and cover with a greased paper. Stand in a tin or pan with a little hot water and bake in a fairly hot oven for about an hour. Serve turned out on a hot dish with hot tomato sauce round base.

SAVOURY PUDDING

INGREDIENTS.

Sufficient bread to fill a pint basin.	1 egg.
4 good sized onions (cooked).	1 cup of milk.
2 ozs. butter or fat.	Seasoning.
1 teaspoonful of powdered sage.	1 teaspoonful MARMITE.
1 tablespoonful of oatmeal.	

METHOD.

Break the bread into small pieces and soak till soft in boiling water. Squeeze out the water ; add the fat and the onions which have been previously chopped up, oatmeal, sage, and seasoning. Then to get that really attractive flavour in your pudding, dissolve the MARMITE in the hot milk, well beat the egg, add to milk and MARMITE and pour into mixture, beating all well together. Turn into greased basin, cover with greased paper and steam for one hour. Turn on to dish, pour hot brown gravy or hot tomato sauce over and surround with cooked spinach.

BAKED COD STEAK

METHOD.

After wiping with a clean cloth, place the cod steak in a greased baking tin, sprinkle over a pinch of salt, a few brown bread crumbs, and a squeeze of lemon juice ; cover with a slice of bacon and bake in a moderate oven for 15-20 minutes. Mix a teaspoonful of MARMITE into the fish liquor, adding a little hot water or stock. Pour this gravy around the fish before serving—hot.



MARMITE GLAZE

Next time you are glazing a ham or tongue, try this savoury glaze. You will find your cold meats greatly improved.

INGREDIENTS.

1 oz. powdered gelatine.
 $\frac{1}{2}$ pint boiling water.

1 tablespoonful MARMITE.

METHOD.

Dissolve the MARMITE in the boiling water. Strain through a fine strainer into an enamel saucepan. Stir in the gelatine and continue stirring over fire until it is dissolved. Let it simmer for a minute or two.

SAVOURY MARMITE FRITTERS

An appetising addition to the breakfast table. Try it instead of fried bread.

INGREDIENTS.

Thin slices of stale bread.
MARMITE.

1 egg.
Hot fat for frying.

METHOD.

Spread the bread thinly with MARMITE. Dip in egg or light batter and fry to a golden brown. Drain on a paper and serve hot. Alternatively the bread may be soaked in MARMITE and milk before frying.

MARMITE BISCUITS

Delicious served alone or with cheese.

INGREDIENTS.

2 ozs. butter. Pinch of salt. 4 ozs. flour.
1 teaspoonful MARMITE. Milk.
 $\frac{1}{4}$ teaspoonful baking powder.
1 saltspoonful cayenne pepper.

METHOD.

Work butter to a cream and add the flour, baking powder, cayenne pepper and salt. Dissolve the MARMITE in a little milk and stir into the mixture. Knead well and roll out thinly on a floured board. Stamp out with various shaped cutters. Prick biscuits with a fork and place on a greased baking tin. Bake for ten to fifteen minutes in a quick oven.



SAVOURY POACHED EGGS

METHOD.

Poach the eggs very carefully in a shallow pan containing just sufficient boiling water, to which has been added a pinch of salt and a squeeze of lemon juice. Prepare your slices of buttered toast, thinly spread with MARMITE ; carefully draining and trimming the eggs, place them on top.

Served hot and garnished with sprigs of fresh parsley, this dish will bring exclamations of delight from your family.

STUFFED EGGS AU GRATIN

Delicious served either hot or cold.

INGREDIENTS.

Allow one or two eggs to each person as required.

Chopped parsley.

1 teaspoonful MARMITE (more if required).

A little oiled butter and seasoning to taste.

FOR COVERING.

White sauce.

Grated cheese.

METHOD.

Hard boil the eggs and cut in halves lengthways. Take out the yolks and mix with the chopped parsley, MARMITE and oiled butter. Add pepper and salt to taste. Fill the eggs with this mixture and place (cut side down) on a well greased baking tin. Cover with white sauce and sprinkle with grated cheese. Place in a fairly hot oven until nicely browned. These eggs are delicious when either served hot with vegetables or cold with salad and MARMITE sandwiches.

SCRAMBLED EGGS WITH TOMATOES

Tomatoes and MARMITE make scrambled eggs delightfully tasty.

INGREDIENTS.

2 eggs.

1 oz. butter.

2 medium-sized tomatoes.

A little milk.

$\frac{1}{2}$ teaspoonful MARMITE.

METHOD.

Whisk the eggs in a small basin and add a little milk. Dissolve the butter in a saucepan and pour in the eggs. Cook over the fire, stirring continually to avoid burning, and to thoroughly mix. Skin the tomatoes in boiling water and chop up. Mix in the MARMITE and lastly the chopped tomatoes. Have ready some rounds of hot buttered toast. Pour eggs over and serve hot garnished with sprigs of parsley.



EGG NOUILLES

$\frac{1}{2}$ lb. flour.
Yolks of 2 eggs.
2 ozs. butter.
1 oz. grated cheese.

INGREDIENTS.

2 tablespoonfuls white sauce.
1 teaspoonful MARMITE.
Breadcrumbs and seasoning.

METHOD.

Sift the flour, add the well-beaten yolks of eggs, MARMITE, half the butter, oiled and seasoning. Work this into a stiff smooth dough. Knead well. Turn on to a floured board and roll out. Cut into six portions. Fold these pieces lengthways and cut crossways into narrow strips and boil in salted water. Drain and place in stewpan with the remainder of the butter, the grated cheese, white sauce and seasoning. Stir over fire until thoroughly hot, dish up, sprinkle with freshly fried breadcrumbs and serve with a little grated cheese.

SAVOURY EGGS

2 eggs.
 $\frac{1}{2}$ teaspoonful MARMITE.

INGREDIENTS.

Hot buttered toast.
Seasoning.

METHOD.

Beat up the eggs, dissolve the MARMITE in a tablespoonful of boiling water, place eggs with MARMITE added in a saucepan, season to taste. Stand saucepan in a stewpan of boiling water and beat mixture with a whisk until it thickens. Spread on hot buttered toast and serve hot.

CHEESE SOUFFLÉ

2 eggs.
2 ozs. grated cheddar cheese.
1 oz. butter.
1 oz. flour.

INGREDIENTS.

$\frac{1}{4}$ pint milk.
A pinch of salt.
1 teaspoonful of MARMITE.

METHOD.

Melt the butter in a saucepan and stir in the flour and add the milk gradually, stirring all the time. Place over the fire and stir until the mixture thickens. Take off and beat well. Separate the yolks of eggs from the whites and add the well-beaten yolks to the panada. Add a pinch of salt and MARMITE then beat in the grated cheese. Beat the whites of eggs to a stiff froth and fold into the mixture. Turn into buttered soufflé cases, only half filling each case, and bake in fairly hot oven until golden brown.



Egg & Cheese Dishes

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CHEESE CREAM

A quick dish for an unexpected visitor.

INGREDIENTS.

3 eggs.

1 pint milk.

2 ozs. grated Cheddar or Gruyère cheese

1 teaspoonful of Marmite.

METHOD.

Boil the milk in a well-scoured saucepan and stand on one side. Beat up the eggs and add to the milk. Place over fire and stir continuously until mixture thickens, but do not allow to boil. Add the MARMITE and grated cheese, pour into soufflé cases place in oven to brown and serve hot.

STUFFED EGGS WITH CHEESE

INGREDIENTS.

4 hard boiled eggs.

1 oz. butter.

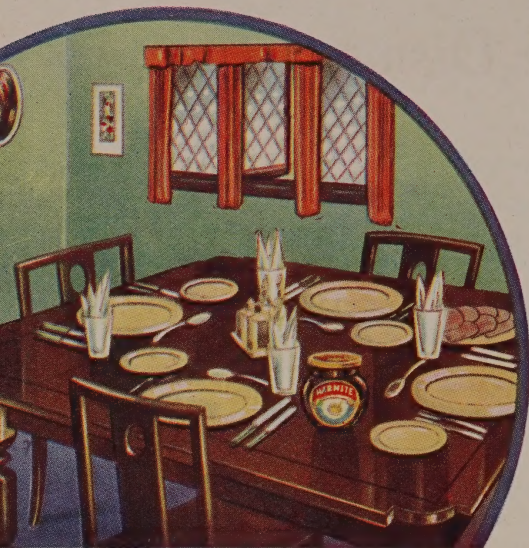
1 dessertspoonful of grated cheese.

Half a teaspoonful of MARMITE. Pepper to taste. MARMITE toast or fried bread.

METHOD.

Remove shells from eggs and cut each egg in halves crosswise. Cut a small piece off rounded end of each egg to allow them to stand. Take out the yolks and pound together with the butter, cheese, and MARMITE. Add pepper to taste. Fill the eggs with this mixture and place on rounds of toast on fried bread spread with MARMITE butter. Serve garnished with parsley or small cress.





SAVOURY CHEESE

MARMITE turns cheese into a delicious savoury supper dish.

INGREDIENTS.

- | | |
|----------------------------|-------------------------|
| 1 oz. of grated cheese. | One tablespoonful milk. |
| Half teaspoonful MARMITE. | Hot buttered toast. |
| One teaspoonful of butter. | Seasoning to taste. |

METHOD.

Place cheese and milk in a small stewpan together with the MARMITE butter and seasoning. Place over a low fire and stir until it thickens. Spread on the buttered toast and place under grill for a few seconds until the cheese is a golden brown. Serve hot.

WELSH RAREBIT

INGREDIENTS.

- | | |
|--|---------------------------|
| 4 ozs. grated Cheddar cheese. | $\frac{1}{2}$ oz. butter. |
| 2 or 3 tablespoonfuls milk or ale if preferred. | |
| 1 small teaspoonful MARMITE. | Hot buttered toast. |
| Half a teaspoonful of mustard, pepper, and salt. | |

METHOD.

Melt the butter in a saucepan and add the milk or ale, mustard, salt, and pepper. Place over the fire and sprinkle in the cheese, stirring all the time until it becomes creamy. Add the MARMITE. Pour on to squares of hot buttered toast and place under grill to brown. Serve at once very hot.

INVALID DISHES

INVALIDS will welcome MARMITE. This appetising food extract has valuable nourishing and recuperative properties. It is the food richest in the vital health factor, Vitamin B, which enables invalids to assimilate all nourishment in their diet and keeps the digestion just right. A very little MARMITE taken at night as MARMITE "Cup" promotes refreshing sleep. MARMITE adds variety to the dishes and other food preparations invalids may take, making such dishes, etc., far more nourishing and tasty.

The following recipes indicate the uses to which MARMITE may be put. Other recipes can easily be built up on these. The recipes have been written as briefly as possible to save the time of users.

The tastiness of MARMITE ; its nourishing and health-creating properties ; its handiness ; and its economy in use, will appeal to all invalids.

FISH SOUFFLÉ

A tempting and nourishing dish.

INGREDIENTS.

Two heaped tablespoonfuls of white fish (sole, whiting, etc),
cooked and boned.

$\frac{1}{4}$ teaspoonful MARMITE.

4 tablespoonfuls of either water, milk, or fish stock.

1 tablespoonful breadcrumbs.

1 egg.

METHOD.

Dissolve the Marmite in hot water, milk, or fish stock, and pour over the fish which has been previously mixed with the breadcrumbs. Separate the yolk of an egg from the white and add the well-beaten yolk to the fish. Beat the white of egg with a pinch of salt to a stiff froth and add to the mixture with a folding motion. Do not beat. Half fill a buttered basin, cover with greased paper and steam slowly for about twenty to twenty-five minutes. Dish up and serve plain or with a white sauce.

MILK BOUILLON

INGREDIENTS.

1 pint milk.

1 good teaspoonful MARMITE.

1 tablespoonful hot water.

Salt, pepper, and a little grated nutmeg.

METHOD.

Dissolve the MARMITE in the hot water. Bring the milk to the boil and add the MARMITE, salt, and pepper. Serve very hot with a grate of nutmeg on top.

MULLED MILK

INGREDIENTS.

1 small teaspoonful MARMITE.

$\frac{3}{4}$ pint milk.

Yolk of a large egg.

METHOD.

Mix the MARMITE in a basin with one or two spoonfuls of hot milk. Boil the rest of the milk ; when cooled a little, add to it the beaten egg and dissolved MARMITE. Return all to the saucepan and whisk over low fire until it thickens. Do not boil. Serve with toast or bread and butter.



SAVOURY RICE WITH MARMITE

INGREDIENTS.

1½ tablespoonfuls Carolina, 1 good teaspoonful MARMITE.
Japanese or brown rice. 1 pint water. Salt.

METHOD.

Wash rice in two or three waters and cook gently with ½ pint of water for about 20 to 30 minutes. Dissolve MARMITE in the remainder of the boiling water and add to rice. Season to taste, add a small piece of butter if allowed, and serve. White broth or stock may be used instead of water or milk and water.

INVALID SOUP

INGREDIENTS.

1 pint of stock. 1 dessertspoonful patent barley or groats.
1 teaspoonful MARMITE. Salt to taste.

METHOD.

Boil up stock. Mix barley or groats to a paste with cold water. Add to the stock and boil gently, ten minutes for barley, or twenty minutes for groats. Dissolve MARMITE in a little of the liquid, stir in and serve hot.

STEAMED SOLE

Steamed fish with that fascinating flavour which only MARMITE can give.

INGREDIENTS.

Two good fillets of sole. MARMITE Butter.

METHOD.

Butter two plates. Place one over a saucepan of boiling water ; lay a fillet of fish on it, spread with MARMITE butter, and cover with a second fillet. Put the other greased plate over the top. Leave to steam for twenty minutes. Serve hot with toast or bread spread with MARMITE butter. A few drops of lemon juice and a little salt may be added. Whiting or thin slices of cod may be cooked in a similar manner.



NOURISHING JELLY

INGREDIENTS.

2 eggs.

1 good teaspoonful MARMITE.

$\frac{1}{2}$ oz. gelatine.

$\frac{3}{4}$ pint boiling water.

METHOD.

Dissolve the gelatine in $\frac{3}{4}$ pint boiling water, add it to the MARMITE previously dissolved in the other $\frac{1}{2}$ pint water. Set on one side to cool. Well beat the eggs, add it to the cooled mixture, and strain in a small mould previously rinsed in cold water. Leave to set.

MARMITE ARROWROOT

INGREDIENTS.

$\frac{1}{2}$ oz. arrowroot.

1 breakfast cup full of milk or

1 small teaspoonful MARMITE.

water to suit personal requirements.

Salt to taste.

METHOD.

Mix the arrowroot to a paste with a tablespoonful of milk or water. Boil the remainder of the milk or water and dissolve the MARMITE in it. Add the hot liquid to the arrowroot paste, stirring all the time; return to saucepan and boil gently for 8 to 10 minutes. Season to taste and serve hot. Try MARMITE biscuits with this dish.

SAVOURY NOURISHING CUSTARD

INGREDIENTS.

$\frac{1}{2}$ pint milk.

1 good teaspoonful MARMITE.

2 yolks eggs.

Seasoning to taste.

METHOD.

Beat and strain the eggs then add the milk. Dissolve the MARMITE in a little hot water and mix all well together, season, strain and pour into small cup moulds slightly buttered. Cook in same manner as for fish soufflé for about 15 minutes.



BROWN ONION SAUCE

Try this delicious sauce with roast mutton.

INGREDIENTS.

- | | |
|---------------------------|------------------------|
| $\frac{1}{2}$ pint stock. | 1 tablespoonful flour. |
| 2 boiled onions. | 1 teaspoonful MARMITE. |
| 1 oz. butter. | |

METHOD.

Melt the butter in a stewpan, put in the onions, and fry to a pale brown; add the flour and fry again; then stir in the stock, let it boil up with the MARMITE added, and simmer slowly until the onions are cooked. Season to taste and use as required.

ASPIC OR SAVOURY JELLY

INGREDIENTS.

- | | |
|---|--|
| $1\frac{1}{2}$ pints hot water. | $2\frac{1}{2}$ oz. leaf gelatine. |
| 1 dessertspoonful MARMITE. | 1 carrot, 1 turnip, 1 onion. |
| 4 cloves. | 1 blade mace. |
| 10 peppercorns. | Juice and rind of 1 large lemon. |
| 1 stick celery or $\frac{1}{2}$ teaspoonful
celery salt. | 1 gill tarragon, chili and elder
vinegar mixed. |
| 1 gill sherry. | Salt as required. |
- White and shells of two eggs.

METHOD.

Dissolve the MARMITE in hot water. Put in stewpan and add the gelatine stirring until dissolved. Add the remainder of the ingredients and whisk well until nearly boiled. Boil up gently two or three times and simmer for half an hour. Pour through a scalded jelly bag or it may be strained through fine butter muslin until it runs clear. Sufficient for one quart.

THICK MARMITE GRAVY

This gravy gives that distinctive flavour to any roast.

INGREDIENTS.

- | | |
|---------------------------|------------------------|
| $\frac{1}{2}$ pint stock. | 1 oz. flour. |
| $\frac{1}{2}$ oz. butter. | 1 teaspoonful MARMITE. |

METHOD.

Melt the butter in a clean saucepan, stir in the flour and fry to a light brown colour then gradually add the stock, stirring all the time to keep it smooth. Add the MARMITE, stirring until dissolved. Place in sauce bowl and serve hot. Add more stock if desired thinner.



SAVOURY STUFFING

Excellent with roast pork, goose, or duck.

INGREDIENTS.

- | | |
|---------------------------------|-------------------------------------|
| 1 dessertspoonful sage (dried). | 1 tablespoonful breadcrumbs |
| 1 boiled peeled onion. | (soaked in a little milk or stock). |
| 1 teaspoonful butter. | 1 teaspoonful MARMITE. |

METHOD.

Chop the onion finely and mix with the butter and sage, add the MARMITE, season to taste, mix in the breadcrumbs, put it in a greased baking tin and bake in a hot oven for about 10 minutes. Dish up.

TOMATO SAUCE

Such an improvement to chops, steaks, fish, and nut meat dishes.

INGREDIENTS.

- 6 large ripe tomatoes.
- 1 clove of garlic.
- 1 teaspoonful MARMITE.
- 1 teaspoonful chopped parsley.
- 3 tablespoonfuls olive oil or $1\frac{1}{2}$ oz. butter.

METHOD.

Skin the tomatoes by placing them into boiling water for a few minutes, then chop them coarsely. Heat the butter or oil in a saucepan and add the tomatoes. Crush the clove of garlic and place in saucepan. Cook with a little butter or stock. Add this to the above sauce and mix in the parsley and season to taste. Cover the pan and cook slowly for about half an hour, stirring occasionally to prevent burning. Pass through a fine sieve or strainer and return to saucepan. Reheat and add the MARMITE previously dissolved in a little water.



MOCK CRAB SANDWICHES

Another addition to the picnic baskets, tasty but inexpensive.

INGREDIENTS.

- | | |
|-------------------------------|---------------------------------------|
| 2 ozs. grated cheddar cheese. | $\frac{1}{2}$ teaspoonful of mustard. |
| 1 hard boiled egg. | $\frac{1}{2}$ teaspoonful MARMITE. |
| 2 skinned tomatoes. | |

METHOD.

Chop the tomatoes finely and mix in the finely chopped egg and the grated cheese working all to a smooth paste. Add the mustard and the MARMITE and mix all well together. Have prepared some thin slices of brown and white bread and butter very thinly spread with MARMITE. Spread the filling on every other slice, place together, trim, or cut in desired shapes.

This filling can also be used as an addition to green salad.

MARMITE BUTTER

For sandwiches and toast, etc.

INGREDIENTS.

- | | |
|---------------|--------------------------------|
| Marmite. | Use three times as much butter |
| Fresh butter. | as MARMITE. |

METHOD.

Place butter on a plate and work to a cream with a knife or spoon. Gradually add the MARMITE until you have a soft nut brown paste. In cold weather it is an advantage to warm the plate before starting. Use instead of plain butter for MARMITE toast or when serving poached eggs, welsh rarebit, etc. Try it also with grilled or boiled fish, especially where you find a thickened sauce does not agree.

OTHER SANDWICH FILLINGS

- (1) Picked and freshly washed chopped watercress.
- (2) Thin slices of peeled ripe bananas.
- (3) Thinly sliced tomatoes, sprinkled with grated cheese. Tomatoes should be previously skinned by dipping in boiling water.
- (4) Minced chicken with mayonnaise sauce.
- (5) Finely chopped figs or dates.
- (6) Various kinds of fish or meat pastes (not anchovy).
- (7) Grated or cream cheese.



MARMITE TOASTS

- (1) Butter a round of toast and spread thinly with MARMITE ; serve hot, cut into fingers.
- (2) Spread a round of toast with MARMITE butter and serve as above.
- (3) Squeeze a little gravy from a slice of roast meat over the toast (Nos. 1 or 2). Useful where meat flavour is desired, and meat not allowed.
- (4) **Suitable for Convalescents.** Toast as No. 2. Mix a spoonful of cooked minced chicken with a little cream and season with salt and pepper and a little grated nutmeg.

MARMITE HAM TOAST

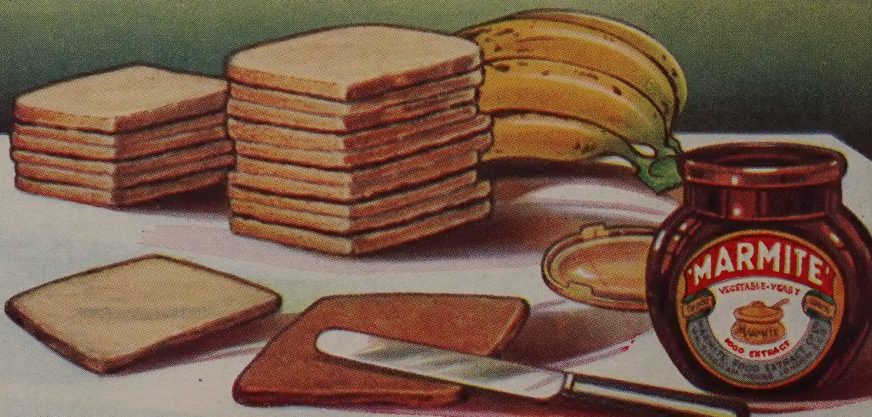
Spread sufficient rounds of toast with MARMITE butter (made with 1 oz. of butter to half teaspoonful MARMITE) ; work to soft paste. Sprinkle with finely chopped cooked ham. Cut into finger shapes and serve hot garnished with sprigs of parsley.

MARMITE SANDWICHES

Try these at your next bridge party, or for that day in the car when you pack your lunch.

METHOD.

Cut thin slices of white or brown bread and butter. Spread each slice thinly with MARMITE or MARMITE butter. Sprinkle with finely chopped nuts. Place two together, trim crusts and cut in neat shapes. For bridge teas stamp out with cutters of hearts, diamonds, etc.



VEGETARIAN DISHES

THE recipes in the following pages typify the many uses to which vegetarians can put MARMITE, the tasty food extract. Many other recipes can be built up easily on these with a little practice.

MARMITE, being a purely vegetable product, is essential to vegetarian cookery. Its nourishing, health-building properties and appetising flavour appeal strongly to all food reformers and those interested in diet.

MARMITE is the food extract richest in the health factor, Vitamin B, which enables the body to extract the fullest nourishment from all food, and which keeps the digestion just right.

Steady nourishment and a perfect digestion make for the brightest health, and for this reason vegetarians would do well to take MARMITE every day. At night MARMITE ensures refreshing sleep. Use MARMITE every day. It makes for better cooking and good health.

STUFFED TOMATOES WITH RICE

INGREDIENTS.

Tomatoes as required.	Breadcrumbs.
2 ozs. boiled rice.	1 small teaspoonful MARMITE
3 teaspoonfuls of grated cheese.	1 oz. butter.

METHOD.

Cut a slice off top of each tomato, scoop out the pulp, put it in a saucepan with butter. When quite hot, add the boiled rice, cheese, and MARMITE; season to taste. Cook for a short time, stirring to keep the mixture creamy. Fill the tomatoes with mixture, replace the slice cut off, sprinkle with breadcrumbs, and place on a greased baking sheet, and bake in a fairly hot oven for twenty minutes. Garnish with parsley and serve hot.

CURRIED TOMATOES

INGREDIENTS.

6 small tomatoes.	1 gill MARMITE gravy (thin).
1 oz. butter.	1 large dessertspoonful curry powder.
Half onion.	Lemon juice.
Half a small sour apple.	

METHOD.

Peel and mince the onion and fry a light brown in the butter. Turn into a stewpan and add the apple, minced, the MARMITE gravy, and the curry powder. Stir well and simmer for ten minutes. Skin the tomatoes in boiling water, and add to the curry. A few minutes before serving add a few drops of lemon juice. Serve with plain boiled rice.

DUCHESS POTATOES

INGREDIENTS.

2 lbs. potatoes.	Seasoning to taste.
Yolks of two eggs.	1 small teaspoonful MARMITE.
1 oz. butter or 1 tablespoonful of cream.	

METHOD.

Peel and boil potatoes in ordinary way. Mash them finely and season with salt, pepper, and cream or oiled butter. Well beat the egg yolks and add to the mashed potatoes, then, to give the potatoes that "different" flavour add the MARMITE. Mix well into the potatoes. Turn mixture on to a floured board, divide into twelve pieces, shape each piece into a small pyramid, mark with fork, and place on a greased dish. Bake in hot oven until lightly browned.



TOMATO AND MACARONI PIE

INGREDIENTS.

- | | |
|--|---|
| $\frac{1}{2}$ lb. macaroni (white or wholemeal). | $\frac{1}{2}$ gill MARMITE gravy (thin). |
| 1 lb. of tomatoes. | Breadcrumbs. |
| 2 ozs. grated cheese. | $\frac{1}{2}$ oz. butter. |
| Half peeled and chopped onion. | $\frac{1}{2}$ pint white cheese or onion sauce. |
| Chopped parsley. | Seasoning. |

METHOD.

Boil the macaroni in salted boiling water until tender. Skin the tomatoes and cut into thin slices ; season with salt and pepper. Sprinkle a greased pie-dish with breadcrumbs. Place a layer of tomatoes in bottom of dish and sprinkle over these a layer of grated cheese. Next add a layer of chopped onion and parsley, and then the macaroni covering this with the remainder of the tomatoes. Pour over the MARMITE gravy, and sprinkle with breadcrumbs. Place a few knobs of butter on top and bake for about half an hour in a fairly quick oven. Turn out on to a fairly hot dish and serve with a well seasoned cheese or onion sauce.

TOMATO PILAU

INGREDIENTS.

- | | |
|----------------------|---|
| 2 small onions. | $\frac{1}{2}$ pint vegetable stock or milk. |
| 2 ozs. nut fat. | 1 teaspoonful MARMITE. |
| 1 pint tomato purée. | $\frac{1}{2}$ lb. rice. |

METHOD.

Peel and slice the onion and fry lightly in half the nut fat. Turn into saucepan and add the purée and stock or milk flavoured with the MARMITE. Bring gently to the boil. Well wash the rice and add to the purée. Cook gently for about half an hour or until rice is quite tender. Serve hot with sippets of toasted bread.

SAVOURY TOMATOES

A new dish.

INGREDIENTS.

- | | |
|----------------------------|------------------------------|
| 4 large tomatoes. | Mixed herbs. |
| 2 ozs. ground brazil nuts. | 1 small teaspoonful MARMITE. |
| 4 ozs. breadcrumbs. | 1 small boiled onion. |

METHOD.

Cut top off each tomato and scoop out the pulp ; chop the onion and add to the tomato pulp. Mix in the ground brazil nuts and breadcrumbs, then add the mixed herbs and Marmite. Mix all well together, softening with a little milk if too stiff. Fill the tomatoes with this mixture and replace top slice. Place on greased dish and bake in moderate oven for about twenty minutes.



VEGETABLE HOT POT

Far more nutritious when MARMITE is included.

INGREDIENTS.

2 lbs. potatoes.	2 oz. nut fat.
4 onions.	$\frac{1}{2}$ pint stock or water.
4 fresh mushrooms.	1 dessertspoonful MARMITE.
1 teaspoonful mixed herbs.	Salt and pepper to taste.

METHOD.

Peel and slice potatoes and onions. Peel and stem the mushrooms and cut into thin slices. Butter a hot pot or pie dish and fill with alternate layers of potatoes and onions, sprinkling between each layer the mushrooms and mixed herbs. Cover with thinly sliced potatoes. Season to taste. Dissolve the MARMITE in the stock or water and pour over. Put a few small knobs of nut fat on top, and bake in hot oven for about two hours.

STEWED MUSHROOMS

INGREDIENTS.

$\frac{1}{2}$ lb. fresh mushrooms.	Chopped parsley.
$\frac{1}{2}$ pint milk.	Seasoning.
1 teaspoonful MARMITE.	1 dessertspoonful cornflour.
2 ozs. nut fat.	

METHOD.

Wipe and peel mushrooms, remove the stalks, place in saucepan and cover with milk, and simmer gently until mushrooms are really tender; add seasoning. Mix cornflour to paste and stir in. Dissolve the MARMITE in a little warm milk and add. Dish up, sprinkle with chopped parsley. Serve hot.

NUT SAUSAGES OR CROQUETTES

INGREDIENTS.

Nut meat, prepared as for nut roast.	Nut fat for frying.
1 egg.	Wholemeal flour.

METHOD.

Prepare the nut meat as for nut roast, and when finished bind with a well-beaten egg. Shape into small sausages or croquettes and roll in wholemeal flour. Fry to a golden brown in boiling fat. Serve either hot with vegetable and thick MARMITE gravy, or cold with salad. This nut meat can also be used as a filling for sandwiches and is a welcome addition to the picnic basket.



Vegetarian Dishes

NUT MEAT TIMBALE

INGREDIENTS.

- | | |
|--------------------------------------|-----------------------|
| Nut meat, as prepared for nut roast. | 1 medium-sized onion. |
| 2 carrots. | 1 parsnip. |

METHOD.

Prepare nut meat as for nut roast. Wash and scrub the carrot and grate it finely. Line a greased pudding basin with the grated carrot. Place a thick layer of nut meat in the basin. Peel the onion and chop finely, thinly peel the parsnip and grate on to a separate dish. Place a layer of grated onion on top of nut meat then add another layer of nut meat then a layer of grated parsnip. Continue these alternate layers until the basin is full, covering the top layer of nut meat with grated carrot. Cover with greased paper and saucer and steam for one hour. Turn on to hot dish and serve with thick MARMITE gravy.

CURRIED HARICOT BEANS AND EGGS

INGREDIENTS.

- | | |
|------------------------------|------------------------------------|
| 1 pint cooked haricot beans. | 1 dessertspoonful curry powder |
| 2 hard boiled eggs. | 1 teaspoonful curry paste. |
| 1½ oz. nut fat. | 1 tablespoonful grated coconut. |
| 2 small onions. | Juice of lemon. |
| Half sour apple. | ½ pint vegetable stock. |
| 1 tablespoonful ground rice. | 1 gill MARMITE [®] gravy. |

METHOD.

Cut up the onions and apple and fry lightly in the nut fat. Place in a stewpan together with the ground rice, curry paste and curry powder. Cook for five minutes, stirring to prevent burning. Add the stock and gravy and let the whole boil until a smooth sauce is obtained. Add the lemon juice, coconut, seasoning, the eggs (chopped up) and the haricots. Thoroughly re-heat. Have ready some plainly boiled rice. Serve the curry with a border of boiled rice, and garnish with cut lemon and parsley.



VEGETABLE STEW

What is more delicious on a cold day than Vegetable Stew made savoury with MARMITE ?

INGREDIENTS.

- | | |
|----------------------------------|-----------------------------|
| 1 lb. potatoes. | 2 ozs. nut fat. |
| 2 carrots. | 1 pint stock or water. |
| 1 turnip or parsnip. | 1 oz. rice or pearl barley. |
| 4 moderate sized Spanish onions. | 1 dessertspoon MARMITE. |

METHOD.

Peel potatoes, scrub carrots and turnip or parsnip, and slice into a stewpan. Peel the onions and add to vegetables, season with salt, pepper and grate of nutmeg. Dissolve the MARMITE in stock or water and pour over the vegetables. Simmer for about half an hour then add the rice or pearl barley well washed, and simmer or at least another hour. If the liquid evaporates add a little more MARMITE gravy. About half an hour before serving add some dumplings made from 4 oz. white or plain flour, 2 oz. chopped nut suet, 1 small teaspoonful MARMITE. Mix the suet and flour into a stiff dough with cold water in which the MARMITE has been dissolved. Roll into small balls and place on top of stew. Replace the lid and cook gently for twenty minutes. Serve very hot.

VEGETARIAN SHEPHERDS PIE

Shepherds Pie made with MARMITE is a popular dish.

INGREDIENTS.

- | | |
|--------------------------------------|------------------------|
| Mashed potatoes. | 1 carrot. |
| Nut meat, prepared as for nut roast. | Salt and pepper. |
| 1 boiled onion. | 1 teaspoonful MARMITE. |

METHOD.

Cook and mash the potatoes in the usual way. Have ready the nut meat made from the recipe for nut roast, but do not cook. Place the nut meat in the bottom of a greased pie-dish. Chop up the boiled onion and grate the carrot. Mix together and place in a layer over the nut meat. Dissolve the MARMITE in sufficient water to moisten this. Pour over. Fill the dish with mashed potatoes and mark with a fork. Bake in a fairly hot oven for about 30 minutes. Serve hot with green vegetables and thick MARMITE gravy. Even your meat-eating friends will find this dish palatable.



BRAISED VEGETABLE PIE

INGREDIENTS.

- | | |
|-----------------------------------|----------------------------|
| $\frac{1}{2}$ lb. butter beans. | 2 ozs. nut fat. |
| $\frac{1}{2}$ oz. soaked tapioca. | Mixed herbs. |
| 1 oz. butter. | 1 dessertspoonful MARMITE. |
| 1 lb. mushrooms. | Short crust. |
| 1 peeled onion. | |

METHOD.

Cook the beans and onion separately in stock or water until tender. Mash with 1 oz. butter and add a sprinkling of mixed herbs. Prepare the mushrooms and fry in the nut fat. Leave to cool. Line a greased pie-dish or raised pie mould with the short crust. Cover the bottom with a thin layer of soaked tapioca, then mushrooms, then onions and beans; repeat until dish is full. Dissolve the MARMITE in a very little of the bean stock and pour over the vegetables, taking care that you do not make the pastry wet. Cover the top with pastry and ornament. Bake in a moderate oven for about forty minutes. Turn out and serve hot with green vegetables. This dish is delicious when served cold with a salad and MARMITE sandwiches.

CARROT CASSOLETTES

INGREDIENTS.

- | | |
|------------------------|-----------------------------------|
| Sufficient puff paste. | 1 tablespoonful cream or unsweet- |
| 1 bunch young carrots. | ened condensed milk. |
| 2 or 3 eggs. | 1 teaspoonful MARMITE. |
| 2 gills stock. | 1 oz. butter. |

Scrub the carrots and shred or grate them finely. Place in stewpan with 1 oz. butter and stir over fire for a few minutes, taking care they do not brown. Add the stock and cook gently until tender. Rub through a fine sieve and return to stewpan. Stir in the MARMITE, then the cream or condensed milk and the beaten egg yolks. Season with a little sauce and cayenne pepper. Place over gas and stir until the eggs are partly set, remove and leave to cool. Whisk the whites of 2 eggs to a stiff froth and fold into purée. Line a number of patty pans with puff paste and fill with carrot purée. Bake in hot oven for ten to fifteen minutes. Serve hot.

UNCOOKED NUTMEAT

INGREDIENTS.

- | | |
|-------------------------|----------------------|
| Chopped Parsley. | Teaspoonful MARMITE. |
| Ground Pinekernels. | Lemon rind. |
| Wholemeal Bread-crumbs. | Wholemeal flour. |

METHOD.

Mix together one cupful of wholemeal bread-crumbs, an ample supply of chopped parsley, and a little grated lemon rind. In half a cupful of water dissolve one teaspoonful of MARMITE, add one teaspoonful of lemon juice, and thicken with a little wholemeal flour. Pour the liquid over the bread-crumbs and stir until the latter is thoroughly softened. Then stir in two cupfuls of ground pinekernels. Press into a greased mould, and allow to stand for about two hours. It is then ready for use.



NUT ROAST

Once you have added MARMITE to your Nut Roast you will never be content with it otherwise.

INGREDIENTS.

$\frac{1}{2}$ lb. shelled brazils.
2 medium-sized potatoes.
2 medium-sized onions.

Mixed herbs.
1 teaspoonful MARMITE.
Nut fat.

METHOD.

Boil the potatoes and onions until thoroughly cooked. Strain off and mash together. Put the shelled brazils through a nut mill and mix with the mashed potatoes and onions. Add a sprinkling of mixed herbs and lastly the MARMITE, mixing all well together so that the MARMITE is well distributed. Turn on to a floured board and shape into a loaf. Place in a greased tin. Cut a few of the shelled brazils in halves and place on top of the loaf, put a few knobs of nut fat on top, and bake in a fairly hot oven for about half an hour. This roast is truly delicious.

BAKED STUFFED POTATOES

Baked potatoes are health-giving and nutritious, but they are doubly so with MARMITE added.

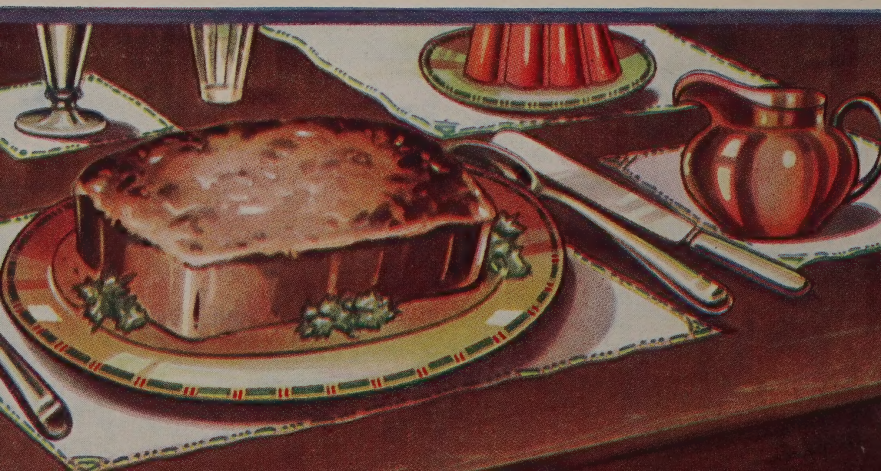
INGREDIENTS.

Baked potatoes.
MARMITE butter.

1 egg.
Seasoning.

METHOD.

Bake sufficient large potatoes to suit requirements. Cut in halves, and scoop out inside of potatoes. Mash with MARMITE butter, pepper, and salt, also a grate of nutmeg. Beat up the yolk of an egg and add to mashed potato. Whisk white of egg to a stiff froth and fold into potato mixture. Fill the potato jackets with this mixture and sprinkle with grated cheese. Place in oven to thoroughly reheat. Serve hot, plain, or with tomato sauce.



APPROXIMATE WEIGHTS & MEASURES

and their equivalents.

LIQUIDS

1 Small Teacupful...	... equals	$\frac{1}{4}$ pint or 1 gill.
1 Tumblerful	 „	$\frac{1}{2}$ pint.
2 Small Breakfastcupfuls	 „	1 pint.

FLOUR, SALT, PEPPER, MUSTARD, RICE, SUGAR,
OATMEAL, CURRANTS, &c.

1 Slightly heaped Teaspoonful	... equals	$\frac{1}{4}$ oz.
1 „ „ Dessertspoonful	 „	$\frac{1}{2}$ oz.
1 „ „ Tablespoonful	 „	1 oz.
4 Small Teacupfuls	 „	1 lb.

BUTTER, LARD, GOLDEN SYRUP, DRIPPING,
FAT, &c.

1 Tablespoonful		... equals 2 ozs.
-----------------	--------	-------------------

3 Pennies weigh 1 oz.



MARMITE

as a Valuable Aid to INFANT FEEDING

MARMITE is highly recommended for children, and the opinion has been expressed by scientific people that every child should have a little MARMITE daily.

Infants who are backward in growth and do not put on weight, often take a remarkable turn for the better if MARMITE is added to their daily diet. Babies take it eagerly in milk, and the product is very beneficial in that it assists in counteracting the tendency to internal sluggishness which an exclusive milk diet so often produces.

BABIES OF FIVE MONTHS

should have $\frac{1}{4}$ teaspoonful of MARMITE added to their daily milk diet.

BABIES OF NINE MONTHS

should have $\frac{1}{4}$ teaspoonful added to their milk and a $\frac{1}{4}$ teaspoonful added to a pint of vegetable or bone broth.

CHILDREN FROM ONE TO FIVE YEARS

should be given $\frac{1}{2}$ teaspoonful added to their warm milk or lightly spread on bread and butter, rusks or toast.

Give MARMITE to children generally in place of tea or coffee, which latter are often very harmful to growing bodies.

Apart from its medicinal value, MARMITE is a most concentrated extract, and therefore most economical in use. If the correct quantity is given, the flavour will be found delicious.



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